

PERSONAL DEVELOPMENT SERIES

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The *Cure* for Self-Sabotage!

10 Strategies for Harnessing the **FULL POWER** of Your Mind



"Succeed with Ease" **Tim Shurr, MA**

The Cure For Self-Sabotage!

10 Strategies for Harnessing the Full Power of Your Mind!

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MISSION!

"It's what I learned after I already knew it all, that made all the difference!"
John Wooden, Hall of Fame Basketball Coach

The mission of this book is to help you **recognize the ten most common self-sabotages** so you can put an end to their destruction! The information in the following pages is vital to your overall health, wealth, and peace of mind. These *mental self-sabotages* are what keep people from reaching goals and living their dream lives. Once you realize how you've been unconsciously keeping yourself stuck, you'll be able to adjust how you're utilizing the power of your mind! Get excited because you're about to make a HUGE LEAP forward!

What Is Self-Sabotage? Simply put, its any type of thinking or behaving *that holds you back* from feeling or experiencing what you truly desire. If you want to feel confident, yet picture yourself failing at work, that's self-sabotage. If you want to feel attractive, yet belittle your appearance, that's self-sabotage. If you allow the immaturity or negativity of others to adversely affect you, that's self-sabotage. If you want the big promotion, yet keep procrastinating, that's self-sabotage.

You'll notice the common denominator in all of this is YOU. It doesn't matter what your environment or circumstances are like. Regardless of "how bad" things may seem, at the end of the day **you get final say so** over how you are going to feel about yourself and your life.

If you're thinking, "You don't know what my life is like," read Viktor Frankl's book, *Man's Search For Meaning* (Beacon Press). Viktor was a Jewish Psychiatrist who was thrown into three different Nazi concentration (death) camps. The book shares his story of how one's attitude can help you survive and triumph over the greatest of evils. (No matter how bad it's been, you can still find the happiness, abundance, or peace you seek!)

Self-sabotage keep us from feeling happy, fulfilled, healthy, and wealthy. It will stop you from having more satisfying relationships, from reaching your financial goals, and from breaking bad habits like overeating, smoking, and nail biting. Regardless of the goal, there are things you can do that *will* make it way easier to succeed in life. There are also just as many things you can do to make failure seem inevitable!

I'm sharing the following insights and strategies with you because it hurts my heart to see others needlessly suffer. We all will experience pain. It's part of being human. If you didn't have pain, how would you know what pleasure was? Yet, there is no reason to suffer when you don't have to!

People accidentally torture themselves mentally without ever realizing *they* are the ones doing it. *Self-deception occurs when you perceive the pressure, stress, and fear you're experiencing as coming from "outside" of you.* Sure, the world can deliver some painful blows, yet most of the fear and stress human beings encounter gets generated from an overactive imagination that's internally set to *fear* rather than **freedom!**

This occurs because people are not taught how to use the full power of their mind and imagination to their advantage. You've likely been taught more about how to program your cell phone than how to program your brain! When you add self limiting beliefs, insecurity, and engrained bad habits from childhood, it's no wonder so many people find it hard to be happy.

My process for helping people eliminate self-limiting beliefs and habits is two-fold. We first discover how you got those beliefs and habits and transform them at the core. Second, we look at how you are keeping those beliefs and habits alive and kicking in your daily life and then go through the process of "retraining your brain." I call this method Emotional Mastery Re-Education.

This short book doesn't address how those self-limiting beliefs got into your mind nor does it provide the strategies for quickly removing them. For that, I recommend the book, [*Get Out Of Your Way: How To Eliminate Self-Sabotage and Win Your Life!*](#) and the audio coaching program, "*The Courage To Succeed!*" timshurr.com/product/courage-succeed

This book does, however, focus on the second step, which is how to recognize and eliminate the self-sabotaging habits you're actively reinforcing. This process has three parts: Increasing awareness, becoming intentional, and taking new action! Let's begin with the first step: **Increasing awareness.**

*"It's not what happens that determines us.
It's the meaning we give to these events that creates
Heaven or Hell here on Earth." Tim Shurr*

Creating Awareness: A Case History

The first step is to gain insight into how you are actively sabotaging yourself in present time so you can replace those unconscious habits with more useful ones. If you're not aware of what you're doing to hold yourself back, you can't do anything to overcome it!

I'd like to share a story about the first client I ever worked with over two decades ago. This person was full of anxiety. He regularly experienced tremendous amounts of fear and stress and had no idea how to cope with it in a positive way. Thus, he turned to smoking, drinking, or anything else that might change the way he felt. He described the sensation as "having a constant knot in my stomach and a panicky feeling in my chest that something really bad was going to happen at any time" even though he didn't have a clue what it would be.

His insecurity caused a lot of fear, which resulted in serious problems at work and in his relationships. He was constantly worrying about how others viewed him or how they were judging him. Since he didn't feel good about himself, he didn't make other people around him feel good either. *Misery loves company.*

It always confused him because he seemed to have a relatively good childhood. His parents loved him and provided many happy memories. He had bad memories as well, "but who doesn't." He was tired of feeling like he was always "walking on eggshells." As he became more aware of his inner beliefs, he came to the conclusion that he "liked himself but he didn't love himself." His reasons were that he got picked on a lot when he was a kid. "It's as though bullies can tell when someone feels inferior or insecure and it draws them to you like a magnet."

Because he got picked on so much, it increased his fear of the future, which also reinforced those fears that he wasn't good enough or strong enough to protect himself. The fact that he felt afraid made him lose respect for himself, which is where the real self-sabotage occurred.

If you haven't figured it out yet, the client I'm describing was me. This is how I felt for the first twenty years of my life. To make matters worse, when I was twelve years old I almost lost my father in a horrific work accident. My mom was at the grocery store and I was at home with my

sister. The phone rang and I answered it. The woman on the other end of the line said, "Hello, this is your father's work. There's been an accident and we need to talk to your mother now." At that moment, I thought my father had died, which left me feeling even more anxious than before.

To make a long story short, my dad who was an electrician at US Steel, was working on a huge electrical box that didn't get tagged properly. So while he was in there with his screwdriver, someone turned the power back on and the electrical panel exploded! It caught my father on fire. He was severely burned on forty percent of his body and they thought he was going to die. The next day my siblings and I moved into my grandparents house and my mom moved into the Loyola Burn Clinic seventy miles away.

The next time I saw my dad, three months later, he was sitting in a wheel chair all bandaged up from head-to-toe like a mummy. The parts of him I could see were charcoaled. Even the thought of it now makes me feel so upset that I actually had to take a break from writing this paragraph.

I will spare you the awful details and get to the good news. Yes, this was a horrible, traumatic event and so was all the bullying I experienced. Bad things happen. Yet, it's the meaning we ultimately give to these events that make us a victor or victim. It's not the cards you're dealt in life, but how you play them that matters most!

The good news is my father survived the ordeal. In fact, his attitude about the whole thing is rather amazing. He's not mad at the guy who turned on the power. He didn't blame his employer and he rarely complained about what happened. In fact, I only remember hearing him get upset once because he had to have another hand surgery. Here's a guy whose missing most of his fingernails and he's not complaining about it. If he did, nobody would blame him. But he doesn't and I remember that every time I start to get upset about insignificant things like traffic or paperwork.

This incident with my father shaped my life in ways I could have never imagined. The events of my childhood pointed me in the direction of self-discovery and personal development. I experienced my first psychology class in high school and my first experience with the peak performance technology of hypnotism as well. From there, I've spent the next twenty-five years learning how to alter one's thoughts, feelings, and behaviors in lightning fast ways to end suffering and transform lives!

I used the pain from my past to grow the dreams of my future, and not only have I benefited from these discoveries, thousands of others who I've trained, coached, and connected with have also benefited. Their lives have been transformed by many of the insights, tools, and strategies that you'll soon be learning.

In the following chapters, I will share ten of the most common self-sabotages and provide you with strategies for overcoming them. I've spent a lifetime acquiring this information and I'm so excited to finally share it *with you*. Lets get started!

"Don't try to avoid the crap in your life. Things grow better in manure, so use it to your advantage!" Farmer Wisdom

*I recommend watching the video where I share my personal story for a company during a **Shurr ! Success Precision Leadership** training. It's full of useful insights that will help you succeed with *your* goals.

<http://www.timshurr.com/free-training>

SABOTAGE # 1: Expecting To *Fail* From The Start!

Over the course of a thousand coaching sessions, I began noticing a series of patterns (thinking strategies) that people unconsciously employ that keep them moving in unproductive circles.

A common pattern, for example, is to become *dissatisfied* with life. This results in a total lack of motivation to continue reaching for your goals. Yet, after awhile, the desire to avoid future pain kicks in so you turn *frustration* into *curiosity* about how you could reach your goals in an easier, more efficient manner. That curiosity drives you to make smarter decisions, which then leads to *enthusiasm* and improved *results*. This course will run for a few days, weeks, or months, and then some *unexpected event(s)* occurs or things don't turn out exactly the way you "think" they should have. Suddenly that old familiar feeling of *dissatisfaction* creeps back in and the motivation is lost.

This pattern shows up regularly at work, in relationships, and when attempting to get healthy or lose weight. **The biggest trigger is when we start secretly feeling sorry for ourselves.** This seems to be a driving factor when it comes to self-sabotage.

When we start to feel sorry for ourselves, we retreat and push others away. We become critical of ourselves or blame others. **Most have been influenced to self-medicate with smoking, drinking, or eating but that only exacerbates the stress.** Eventually the pressure lessens and life returns to normal. Yet, settling doesn't sit well for human beings, since each of us was born with such great potential! So eventually we become frustrated with the status quo and the cycle begins all over again! Yet, with every failure, a deeply rooted belief is reinforced. "I always fail, no matter how hard I try" and this leads us to the first self-sabotage.

Sabotage # 1: Thinking you're going to fail at achieving your goal from the start! Consider *New Year Resolutions*. The first of every year, millions of people set out to improve their lives by setting goals like losing weight or increasing their income. Yet, when you ask if they really believe they'll succeed, most answer, "I hope so." By February, most have already thrown in the towel.

The fastest way to spot this self-sabotage is to ask yourself if you will succeed at reaching a specific goal. If you respond with, “Well, I hope so. We’ll have to see how things go. I’m keeping my fingers crossed. Maybe I’ll get lucky,” the odds of you’re succeeding are slim!

Those who consistently achieve their objectives believe they will from the get go! Their response to the question is, “This is a done deal! I will succeed! It’s already in the bag. Success is the only option.”

The second way to spot this fearful belief is by noticing whether or not the person takes immediate action towards their goals or if they drag their feet instead. If I had a method for getting you to your goal in half the normal time, and it really would work, and it was moral and ethical, would you have to think about using this method? If you’d still have to think it over, *what would you be thinking about?* The answer is typically, “I’m not sure this will work for me, even if you say it will.” This stems from the unconscious fear of failure, which drives the procrastination and delays results.

If I were selling \$10 bills for \$5 a piece, how many would you buy? Success oriented people will say, “As many as I can!” Yet, most hesitate or say they aren’t interested. Why? Because they are afraid of being taken advantage of or of being let down. This fear of disappointment actually *causes more* disappointment, rather than protecting you from it!

You cannot achieve a goal if you don’t believe you’re going to achieve it. Henry Ford once said, “If you think you *can* or you *can’t*, you’re right!” You have to believe you can win if you are going to! If there’s a will, there’s a way. God would not have put the desire inside of you if he did not also put the ability to pull it off inside of you as well. Thus, your immediate goal is to start focusing on the idea that not only *can* you succeed, you **will** succeed! Your beliefs become your reality so select carefully what you choose to believe in!

How To Eliminate The *Fear of Failure!*

Many people are afraid of failing, which has proven to be a total waste of time. Any success is laced with failure. Its how you learn what *not* to do. A famous entrepreneur once remarked, "I failed so many times that success was all that was left." When I first heard that quote, it felt very familiar because more than half the things I've attempted to accomplish over the years have flopped. Yet, because I kept trying, the percentage of things that did work out generated the means for a very fulfilling life.

You can strike out seven out of ten times in Major League Baseball and still end up in the Hall of Fame. Legendary basketball player, Michael Jordan, once made a commercial listing all the times he had lost games and failed to make the winning shot. Yet his ability to keep shooting made him a champion. A reporter once asked Thomas Edison what it was like to fail over a thousand times when constructing the first light bulb. Edison confidently replied, "I haven't failed at all. I now know a thousand ways not to make one. Through those attempts, not only have I succeeded at the task, I've made new discoveries from the failed attempts."

The fastest way to escape the fear of failure is to trade in the word *failure* for FEEDBACK. **There is no failure, only feedback.** Say that to yourself out loud three times in a row right now! Go on. Do it! **There is no failure, only feedback. There is no failure, only feedback. There is no failure, only feedback.**

If you would not fail, what could you do? What could you do? What will you do? *Imagine the possibilities...*

SABOTAGE # 2: **Focusing On What You *Don't* Want!**

If you go through life focusing on all the things that aren't working out, you will only notice *more* of what's not working out because that's what you're looking for! There are plenty of things around you that *are* going well. You just won't notice them.

Look around the room and notice all the things that are green. Do this now. Now without looking around the room, tell me all the things you saw that were yellow? If you don't know its because you weren't looking for yellow items. Your brain sought out green things and literally ignored or deleted the yellow items from your awareness! Your brain will do the same thing to your opportunities if you're only focused on what's going wrong!

You've probably heard the story about the guy who's driving down Route 66 towards Las Vegas and there's nothing around but deserted highway and a few scattered telephone poles. Suddenly a possum runs out into the road and the car starts swerving. There's nothing around for the car to run into except for a telephone pole two hundred yards off in the distance. As the car fishtails back and forth, the driver thinks, "Just don't hit the pole. Just don't hit the pole!"

What do you think happens next? If you thought, "He hit the pole" you'd be right! Because energy flows to wherever your attention goes, the driver unconsciously pulled the steering wheel in the direction his head was facing, which happened to be at the pole. Because he focused on what he wanted to avoid, that's right where he went.

For years I would start my coaching sessions with, "What's going well?" and people would almost automatically respond with what *wasn't* going well. Their habitual focus on what wasn't working was the main cause of things not working! If you obsess over the things that aren't going well, it will crush your ability to remain resourceful and motivated.

Clients would often be doing exceptionally well, yet you'd never know it by how they describe their situations. John, a 6' 7", 300 pound trucker come in to stop smoking a few years back. He was smoking four packs a day and was convinced he'd be dead by next year if he didn't quit. I decided to use

hypnosis since it is still the most effective technique I've ever seen for helping people become smoke free.

John came in a few days later, visibly upset. I asked what was going well and he replied, "I blew it! I smoked." I asked how many cigarettes he smoked and John said, "One." "One an hour? One every ten minutes like before?" "No," he said. "Just one, but I smoked so I failed!" I sat back in the chair and chuckled. "So let me get this straight. You eliminated 79 cigarettes out of 80 in the first session and you failed?" He paused for a moment as if to rethink his hypothesis. "In any classroom, 79 out of 80 is an A!"

I then told John that if he could drop 79 cigarettes the first time, eliminating just 1 cigarette this time would be super easy, and it was! He never smoked again. But think of the needless suffering this man put himself through because he believed he had failed! John didn't concentrate on how well he was doing, which would have eventually led him back to four packs a day. Yet, armed with new insight and tools, John learned how to redirect his attention onto what *was* going well and this allowed him to achieve victory!

I've listened to weight loss clients who'd report that "It just wasn't working" because they still had cravings for sugar. I'd ask, "Is there anything that is going well?" Often I'd hear, "Well, I have managed to walk for thirty minutes every day last week, I stopped eating after 7pm, and I'm drinking water instead of soda. But I still have the desire to eat cookies so I just don't think it's working." Can you spell S A B O T A G E.

Occasionally companies I provide leadership consulting for will bring in people to talk about personality profiles using programs like DISC or Myers Briggs. During one such program, I noticed the presenter asking questions that caused the group to start complaining about topics that had been worked out months earlier. By the end of the program, you would have thought this company was on the edge of destruction. In reality, the work we had done together had produced significant returns and a record high in both their bottom line and employee satisfaction.

It can be very easy to slip back into old habits if you're not careful about what you choose to focus on. Keeping your eyes on the prize and continually noticing what's going well will keep spirits high. With the right perspective and enthusiasm, just about anything can be achieved!

Sabotage #3

Reinforcing The Wrong Things!

"Whatever you water grows." Farmer Wisdom

Besides focusing on what wasn't working, our ex-smoker John, also committed another serious self-sabotage. He reinforced his fears rather than his efforts. Do you know why people do nine things really well and stress all night over the one thing that went wrong? It's because that's what they've been conditioned to do. Instead of concentrating on your strengths, most get caught up in their weaknesses.

If you focus on the 10% that went wrong, it would feel as though the 90% that went well never happened. This seems ridiculous, but unfortunately its commonplace. Would it be okay for doctors to amputate your arm because you broke your pinky finger? Of course not! We'd throw that doctor in jail. The scary thing is we are constantly emotionally doing this to ourselves. As a result, people end up in self-imposed mental prisons. The good news is you can set yourself free at any time. *Here's how.*

Focus more on what you want to see from yourself (and others!) and then behave that way. Then praise your efforts, pat yourself on the back when accomplishing even the smallest of victories, and give yourself a big hug when you take any action towards the achievement of your goals! Is that's not what you've been doing, start today.

Instead of celebrating progress of any kind, most think, "So what? I'm not even close to reaching my goal. It's no big deal. It's really nothing. Who cares if I won this battle? I've still got a long way to go. I probably just got lucky. I don't know if I'll be able to do that again. I don't want to get my hopes up." **Ignoring the positive and reinforcing the negative will only produce more negative.** If you have a flower garden and your whole focus is on killing weeds rather than growing flowers, you'll end up with an entire garden of weeds.

People commit this self-sabotage in a variety of ways. You say you want to lose weight while repeatedly telling yourself how much you love to eat and hate to exercise. You say you want to feel closer to your spouse, yet constantly focus on what they are doing wrong instead of on what you

could do to improve the relationship. You'll repeat positive affirmations in a monotone voice, but passionately swear when someone cuts you off in traffic! It just goes on and on.

I'm often asked why some people seem to put so much effort into being negative. My answer is that they aren't. Nobody tries to be negative. It's just that when certain behaviors are overtly or covertly reinforced, they keep appearing. If you're the type of person who makes a mistake and then tears yourself to shreds, it's because you've been conditioned to do so. It likely started with your parents being overly critical. Yet, you continue to keep the process going long after they are gone.

The reason is because it becomes a strange way of connecting with your self. It feels familiar and familiarity can provide feelings of comfort and security at a subconscious level. "I feel bad but at least it's on my terms." "I make myself feel bad so others don't get the chance to." "Feeling bad allows me to feel sorry for myself, which then gives me an out when I don't want to be accountable."

Because this happens unconsciously, most have no idea that there are actually "hidden benefits" to behaving in such a manner. **Human beings always have a reason for doing things, even if they aren't conscious of what those reasons are!** If while reading the previous examples, something struck a cord inside you, that's good. Awareness is the first step.

If you can become more aware of your own sabotaging patterns, then through intention and action you can behave in a more productive manner. Immediately start reinforcing only what you want to experience more of! Over time, reinforcing the positive will become your new unconscious response!

SABOTAGE # 4:

Asking Yourself The *Wrong* Questions!

William James, the father of modern psychology, once said, "The greatest discovery of the 20th Century is that we can control the quality of our lives by controlling the quality of our thinking." In other words, you can control how you feel, and ultimately how good your life will be, solely by asking yourself the right questions.

What are the *right* questions? Questions that move you towards favorable outcomes even if the answers are difficult to hear. What are the *wrong* kinds of questions? Those that move you towards blame, anger, fear, or self-pity since those emotions tend to keep people stuck.

If you ask yourself quality questions, your brain will provide quality answers. If, however, you ask yourself lousy questions, your brain has no choice but to provide you with lousy answers. "Why am I so fat?" "Because you eat like a pig!" "Why doesn't anything ever work out for me?" "Because you don't deserve it!"

If you ever want a more supportive answer, start asking more empowering questions. "How can I get ahead?" "Who could help me with this?" "What can I do better?" "Where can I find the right resources?"

Questions that seem to point towards blame, only point you back towards the problem. Here are some examples. Notice how you feel after reading these types of questions.

PROBLEM-ORIENTED QUESTIONS:

- Whose fault is it?
- Why does this always happen?
- How come things never work out?
- What's the worst part about this situation?
- Why does s/he always treat me this way?
- What's keeping me stuck?
- How long is this going to take?

SOLUTION-ORIENTED QUESTIONS:

- What can we do to improve?
- How will I benefit from this experience?
- What is going well?
- What's the best part about this situation?
- Why is this important to me?
- What action can I take right now to start heading in the right direction? How can I make this action more fun?
- When can I get started?

This doesn't just help when you're speaking to yourself. It also greatly enhances your communication with others. If you approach a friend and say, "Why is my life so terrible?" that person is likely to run the other way the next time they see you coming!

Yet, if you ask that same friend, "What do you think a great first step might be for achieving this goal?" it will likely generate a curious, flattering, or potentially insightful response.

Think about the people in your life who ask problem versus solution-oriented questions. Which of those people would *you* rather hang out with?

"The right question will always bring about
the right answer!" *Tim Shurr*

SABOTAGE # 5: Not Having A Big Enough “Why ?”

Anthony Robbins once said, “If you have a big enough *why*, the *how* will appear!” In this circumstance, it doesn't mean you start asking yourself a lot of questions that start with *why* because that can easily slip you back into asking problem-oriented questions.

Instead, this refers to the clarification of *why* you wish to achieve or experience the goal in the first place. What is the ultimate outcome or payoff for accomplishing your objectives? What is it that would cause you to keep moving towards your goals even when it feels impossibly difficult to continue?

If you turn your goals into a mission or campaign, if you believe in a cause greater than yourself, or if it's a matter of life or death, you can traverse any obstacle! The great French general, Napoleon Bonaparte once said, “It's remarkable how grown men will die for ribbons.” Of course, it wasn't the ribbons, but what those ribbons represented (honor, glory, significance, protection of family) that caused men to actively move into harms way. Those men believed in something, as most service men do, that freedom is not free and to die with honor is to die a good death.

I remember reading about a famous Navy captain who arrived on an island that he was charged with taking over. His men were outnumbered 10 to 1 and many didn't even want to leave the boat. He quickly ordered all men and supplies onto shore and then proceeded to burn the ships into the water. It was now clear that retreat was not an option. They'd die, become slaves, or be victorious in battle. They chose the latter and won their victory. When you have a big enough *why*, the *how* will appear.

Please Answer The Following Questions...

1. What matters most to you in life?
2. What else?
3. What else?
4. What else?
5. If you had to rank these four things, which of them would be most important to you?

You have just discovered what your most important values are. **Values are emotional states that you're willing to spend the most amounts of time, energy, money, or attention to attain.** For example, if you said, "family, friends, financial success, faith and ranked *family* first, what's really most important to you are the specific emotions you experience with your family members. Those feelings can range from love and connection to significance and pride. If you associate those feelings to the goals you have, the odds of achieving those goals will be magnified by a 1000%!

Now Answer These Questions:

1. Once you have achieved the BIG goals you have, how will this benefit your life? What will you ultimately gain from this? How will everything else improve?
2. What are you willing to give up or trade to achieve the BIG goals you have? Why is it worth the trade off?
3. If you've been procrastinating on a goal, what would have to happen for you to suddenly do whatever it took to be successful with this? Think long and hard about this question. It could be the **leverage** you've been looking for!

What turns a *should* into a **must**? The answer is **purpose**! I have developed a very positive attitude over the years but I did not start out that way. I've had to learn how to train my brain to feel secure and be proactive. Yet, every once in a while, my old insecurities resurface and I catch myself struggling to stay focused and motivated. Sometimes I feel like all my efforts don't really mean anything, like it's all a big waste of time. Or I'll feel like a big fraud that's faking his way through life.

But the thing that shifts me out of this ridiculous BS (beliefs) is my **purpose**. My personal *why*? My inspiration comes from my wife and two boys. I want my wife to experience things she's never had the privilege of experiencing before and I want my boys to grow up seeing someone who kept reaching for his dreams no matter how many times life knocked him down!

If I give up, none of this will happen and that's just NOT an option! Remembering your purpose will allow you to shift your focus back towards those *Solution-Oriented* questions, which will then help you access more powerful resource states. Within a short period of time, you'll be back to feeling unstoppable and fully committed once more.

SABOTAGE # 6: Maintaining Faulty Beliefs!

“Your beliefs are the roadmap to success or failure.” *Tim Shurr*

Beliefs are *opinions* that you have been conditioned to accept as truth. You have beliefs about yourself, others, religion, politics, the world around you, and everything else. It’s important to understand how to deal with your beliefs because they drive every one of your decisions at an unconscious level.

It’s a sad fact that people spend more time playing *not to lose* instead of **playing to win** and this is a direct result of self-limiting beliefs that need to be updated. If you don’t start there, you’ll debate any new information, get lost in analyzing details, and argue with yourself instead of following through on new activities.

Some try using positive thinking without eliminating the beliefs that drive their pessimism. Yet, this is like cutting the top off a weed when removing it from the root is the only cure.

We could spend a lot of time on this subject, yet for now I strongly recommend you reach out to someone who can help you identify, replace, and reinforce a more empowering belief system. If you want help right away, call our office and schedule a free consultation. **Shurr Success, Inc.**
317-502-5293

Hypnosis is a natural and incredibly relaxing way to access those limiting beliefs lightening fast so you can quickly start making progress towards your goals and dreams!

“You can never win an argument with yourself.”

SABOTAGE #7: Unresolved Values Conflicts!

A *values conflict* occurs when you have two opposing emotions that seem to compete with each other. You want to lose weight and be able to eat whatever you want. Or you want to earn a million dollars but you also want to have lots of free time. You want healthy, respectful kids, but you don't want to have to set boundaries or discipline them. These are all common examples of values conflicts.

I remember speaking with a woman named Jen who declared that she had a fear of success *and* failure. Jen was afraid of succeeding because if she got too successful, she'd have even more work and would never be able to balance work and home life. Yet, her self-esteem came from what she was able to accomplish professionally. If she weren't accomplishing things, she felt worthless.

Jen was caught up in a vicious values conflict that caused her to move sideways rather than up in her career. Plus, she was completely stressed out and overwhelmed because no matter where she was, she felt guilty for not being somewhere else. If Jen was still working, she felt bad about not being at home with the family. If she was with family, she felt like her career was going to be damaged because she wasn't devoting enough time to it. This is a huge issue these days for many who struggle to balance work with home life.

The solution is to resolve those values conflicts and it's easier than you might think if you know how to do it. Again, helping you resolve your own values conflicts is beyond the scope of this book. If you would like help with this, I strongly recommend contacting our main office and either myself or my exceptionally well-trained team of coaches will help you in person or via the telephone/Skype. If you'd like a free consultation, call 317-579-7500.

SABOTAGE # 8:

Getting Lost In *Details* Rather Than Vision!

When you're in the car driving down the road, should you be staring at your lap? That's where you're at, right? Or maybe you should be staring out the back window because that's where you've been. It seems obvious that if you want to arrive safely at your desired destination, the best choice is to stare straight ahead at where you're going.

But what if a thick fog rolls over the road and you can't see what's coming up ahead? Slow down, stay relaxed, and just drive through the first ten yards that you can see. Once you've done so, you'll realize the next ten yards have now become visible. Continue driving through the next ten yards and ten more will appear. If you keep doing this, eventually you'll arrive at the destination you've set for yourself! This is the secret to achieving any goal!

Get into the practice of imagining yourself having already achieved the goal. See, hear, and feel what it's like to have "made it." As you do this, you're literally programming your brain to set in motion a series of unconscious behaviors that cause this positive self-fulfilling prophecy to occur. The trick is to continue holding this image in your mind's eye until it comes true. Of course, you must actively take action towards the achievement of this goal, yet the more your mind expects to succeed, the greater the odds you will!

Too many people get bogged down in zillions of details and *what-ifs* that cause them to over-analyze and procrastinate. Remember, motivation and inspiration stem from the creative and emotional (right) side of your brain. Albert Einstein once said, "Imagination is more powerful than knowledge" because intelligence measures what is, but the genius of your imagination offers unlimited possibility!

So the next time you jump in the car, notice how the windshield is so much larger in size than the rear view mirror and remember that it's because where you're headed is so much more important than where you are or where you've been!

"Everything always works out in the end.
If it hasn't worked out yet, it *isn't* the end!"

SABOTAGE # 9: No Constructive Feedback!

“You can’t see the label when you’re in the bottle!” *Scott McFall*

One of the best ways to make quick progress as you pursue goals is to get honest, constructive feedback about your approach from someone who will be objective and direct with you!

Because of insecurity or Ego, most don’t seek out feedback. They fear being told they are wrong or criticized. Or, they are too prideful to be “told what to do.” Often **people endlessly struggle to achieve goals because they don’t have anyone giving them honest, objective feedback about their approach!** They might have those in life who are critical or condescending towards them, but that just makes matters worse. Nor do you want a bunch of people supporting you when you’re acting out. That enabling behavior reinforces the ineffective coping strategies you’re likely applying.

I struggled like everyone else and then ten years ago, I had the good fortune of meeting my coach and mentor. Life before Scott was very different. I had limited self-awareness and my approach to success was to use the same strategies I had always used. If things weren’t working out, I’d just *try harder*. Yet, that approach was equivalent to stomping on the gas pedal when your car is sitting on ice. Yes, the wheels spin faster, but you’re burning up fuel and still not getting anywhere!

I also felt I was missing some secret formula for success and I had to go out into the world to find it. Yet, as Scott helped me to realize, the real magic is *inside* of us! He would say, “Johnny saw a leprechaun and Sally saw an Elf, but the only magic I’ve ever seen, I had to create myself.” **The answers and breakthroughs you seek are *inside* of you!** Through receiving proactive feedback, support, accountability, and better tools, you’ll be able to connect with your inner wisdom and finally turn those elusive dreams into reality!

“Triumph is a little bit of *tri* and a whole lot of *umph!*”

A Simple Trick For Generating Momentum!

When I sit down to coach someone for the first time, I ask what their challenges are and then watch and listen to how they respond. Within the first couple minutes I can often spot at least three or four of the self-sabotaging patterns you've been learning about in this book. As usual, when I point them out, clients seem oblivious to the fact that they are committing these goal-killing crimes. It was out of their awareness, which meant *they were doomed to fail unless* this information was made known to them!

Coaches can say, "Hey, did you realize you're doing this?" or "Have you ever considered looking at this way?" or "Here's the latest best practice for..." Unfortunately, another obstacle is locating a coach who is actually aware of these common self-sabotaging strategies himself! The majority of coaches I've met over the years are going through the exact same problems and challenges their clients are going through!

One of the best things you can do is to **seek out somebody who has *already* achieved the goal you wish to attain and seek out his/her counsel**. If they aren't interested or don't have the time, try modeling his/her attitude and behavior. Pretend you are a method actor and your next gig is to play the role of this super successful person who operates from high ethical standards!

You're going to imagine thinking, feeling, focusing, breathing, and behaving like your character. Act the way s/he acts. Talk to yourself using the same words and emphasis. Speak at the same speed as well. You may not know *exactly* how s/he thinks, yet when your brain enters this frame of mind, it usually fills in the blanks in a way that will work particularly well for you! Remember, the keys to success are already inside of you. This exercise can help bring them out!

The goal is to mimic success. There's no use reinventing the wheel when you can borrow the insights, attitudes, and strategies of those who have already succeeded at achieving the goals you have. You can shorten your learning curve and get rid of so much stress by incorporating the feedback and wisdom of others. So I strongly encourage you to get some coaching.

SABOTAGE # 10: Non-Supportive Environment!

You need to have an environment around you that will support your efforts. No matter how positive you are, if you are constantly surrounded by negativity, eventually it will rub off on you. Thus, it's important for you to set up a supportive environment for yourself and there are a variety of ways you can do so.

Before we list those ways, it's important that you know just how much your environment really does influence you. Please finish the end of this jingle from TV land. "Plop Plop, Fizz Fizz, _____!"

(Oh, what a relief it is!) Were you able to do it? That jingle hasn't aired for at least twenty years yet it's still embedded in your brain because it was once in your environment. The late, great Zig Ziglar used to warn people never to fall asleep in front of the TV because whatever nonsense was on that station would seep deep into your unconscious mind and have a negative affect of you. These days, with all the trash that's on TV, that advice is even more relevant now.

Have you ever noticed what types of commercials they show during prime time evening hours? Food commercials. Now most Americans are overweight. Coincidence? I don't think so! Human beings are incredibly suggestible and marketers know exactly how to push the right emotional buttons and hypnotize you into buy their products. Don't believe it? Go look in your pantry or medicine cabinet!

Your environment can influence all kinds of things in your life. Author of *Rich Dad, Poor Dad*, Robert T. Kiyosaki, once said you can take the five people you hang around with most, average up their salaries, and that's likely what you will earn in a year. We become like those we hang around with. Birds of a feather flock together and eagles don't hang out with turkeys.

The point is you have to choose what and whom you hang around with carefully. You must firmly stand guard at the gate of your mind! Surround yourself with the right people, energy, and information, and eventually it will rub off on you in a very positive manner. If you wish to lose weight,

for example, start hanging around thinner, healthier people. Watch videos on the subject, listen to upbeat music that makes you want to move, and read books that inspire and motivate you. (Claim your free copy of *Secrets of Body Transformation* at LoseWeightEasierNow.com) Do NOT hang out with your overweight friends who want to sabotage you so they can have their binge buddy back!

If you want to earn more money, hang around wealthier people, read books on the subject, go to seminars where they teach best practices, get coaching, and continue developing yourself, which happens to be the ultimate success strategy.

If you want to become a better athlete, practice with athletes who are better than you! If you wish to improve your grades, hang out with brighter or more dedicated people and your scholastic performance will improve.

When I was in my early twenties, I didn't know any super successful people, so I went to the library and borrowed every book and audiobook I could get my hands on from authors who wrote on business, sales, personal development, communication, spirituality, etc. I still believe to this day, I received a greater education from those audiobooks than I did from the eight years of college and graduate school! And it was a heck of a lot cheaper!

Watch motivational movies, redecorate your living space, hang inspirational messages or posters in your office, and turn your vehicle into a training center with audio training programs. Not sure which ones to start with? Try the one's I've created for you at www.TimShurr.com/blog

Having access to information is no longer an issue. You now have instant access to unbelievable amounts of information. The challenge now is to separate the gems from all the garbage that's pumped into the virtual marketplace from those who aren't any better off than you, but who are pretending to be to make a sale.

Make sure you check up on those whom you are learning from. Free information can cost you dearly. I've posted tons of videos, articles, and free audio recordings online so you can sample my programs and then decide for yourself whether you'd enjoy investing in one of my larger training courses or live events. Start here! OvercomeSelfSabotageNow.com

CONCLUSION

So there you have it. The top 10 self-sabotages and the cures that can turn your biggest dreams into actual realities! I've listed the top 10 self-sabotages and their cures on the next page as well so you can print and hang it on the wall as a reminder. *It can be a part of your new Successful Environment!*

Use these powerful insights to make your life magnificent and strive to be a wonderful example for those around you. There's no use tiptoeing through life so you can safely arrive at death. Life is to be lived fully and the purpose of life is to free yourself from mental prisons so you can live a life of purpose, meaning, and love.

I will end this book with three of my favorite quotes. Until we meet again, remember to make today, and every day, a **Shurr ! Success**

"Ships are safe in the harbor, but that's not what they're built for!"
Zig Ziglar

"Shoot for the moon because even if you miss, you'll still be
among the stars!" *Unknown*

"When you're going through Hell, don't stop!
Just keep going!" *Les Brown*

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Top 10 Self-Sabotages

1. Expecting to *fail* from the start.
2. Focusing on what you *don't* want.
3. Reinforcing the *wrong* things.
4. Asking the *wrong* questions.
5. Not having a big enough *Why?*
6. Maintaining faulty beliefs.
7. Having internal *Values Conflicts*
8. Getting lost in details!
9. No constructive feedback
10. Non-supportive environment.

How to Harness *Your Mind Power!*

1. **Expect to succeed!** (Believe in yourself no matter what!)
2. **Concentrate on what you want to have happen.** (Keep your eyes on the prize!)
3. **Reinforce and give positive attention** to the thoughts, feelings, and behaviors to wish to experience more of. (*This also works on others.*)
4. Ask yourself *Solution-Oriented* questions.
5. **Know *why* you want something** and the *how* will appear!
6. Select and **reinforce only empowering beliefs!**
7. **Resolve Values Conflicts** by discovering the positive intention behind both behaviors and synergizing the two outcomes.
8. **Focus on the bigger picture first.** Then use the details to plan your success strategy. **Keep the end in mind but break the whole down into more manageable chunks.** *How do you eat an elephant? One bite at a time!*
9. **Get coaching, mentoring, and/or constructive feedback.**
10. **Create a supportive environment for you to thrive in!**

“Make Today A Shurr ! Success”

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